



Deadline for the 2006 Autumn program is
Friday, 13 January 2006

If you wish to participate in a programmed activity phone the leader as soon as possible. They will provide more details about the activity, transport arrangements and answer your questions.

- Be courteous, advise the leader as soon as possible if you have to withdraw from the activity as this allows someone on a waiting list to go.
- Activities shown with a Friday date (i.e. 3 days) depart on Friday evening.
- All walks listed without transport details are private transport. The leader will give further time and meeting point details.
- Vehicles are not expected to wait more than 15 minutes for any passengers. Be prepared to contribute to costs
- Unless otherwise stated most maps referred to in the program are 1:25000 topographical maps, obtainable from mapping or bushwalking shops.

NEW members should note that "qualifying" walks are indicated on the program with a 'Q'.

Walks may have party limits, so book in early.

NB: The suitability of any person taking part in a club activity is entirely at the discretion of the leader. Leaders may refuse to take any person on activities irrespective of whether that person is a member or not.

Intending participants should fully inform the leader of their level of experience and ability or any factor that may impair their walking.

PLEASE NOTE:

All participants, including visitors, are reminded that they join in activities as volunteers. Your fitness is your responsibility. Bushwalking and other activities on our program have associated risks including but not limited to the risk of accidental injury.

All persons joining in any activities of the Sydney Bush Walkers Inc do so as volunteers in all respects and as such accept sole responsibility for any injury howsoever incurred and the Sydney Bush Walkers Inc, its office bearers and appointed leaders are absolved from any liability in respect of any injury or damage suffered whilst engaging in any such activity.

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Walker Guidelines

Preparation for an activity:

1. Contact leaders at reasonable times, at least 2 days before a day activity, 4 days before a weekend activity. Leaders may cancel an activity if there are insufficient participants (less than 4) or if circumstances are likely to make conditions unsafe.
 2. Arrive on time. Leaders (at their discretion) will only wait 15 minutes.
 3. Ensure you're adequately equipped for the activity and all possible conditions with suitable clothing, hat, rain gear, sunscreen, food, First Aid kit, torch and appropriate footwear.
 4. Carry sufficient water for the conditions (typically 2L minimum).
 5. Map and compass are strongly advised for navigation.
 6. You will need to sign the activity sheet, after noting any hazards/risks that the leader will have indicated may be encountered.
 7. Your Medicare card is useful in case of accident.
 8. Have sense of adventure and humour handy!
 9. Please do not invite friends or children on Club activities without leader's permission.
 10. Dogs are not allowed on activities.
 11. Leave a record of your intentions with a responsible person
- see Search & Rescue notes in this program.

During an Activity:

1. Be prepared to follow the leader's directions. They are volunteers but will have experience.
2. Walk together – this enhances safety. Always keep sight of the person ahead – if you're having trouble keeping up, TELL the leader.
4. Allow sufficient space to ensure that you are not injured by branches flicking back or pressuring the pace of the person ahead.
3. Let the leader know if you need a water / blister repair / toilet stop.
4. Do not leave the party or fall behind the "Tail" without informing them.
5. On activities of more than one day you will have to provide your own camping gear. The leader may be able to assist. Gear is available for hire from the club and bushwalking shops.
6. Observe fire restrictions – open fires are not permitted in some National Parks or on fire ban days. Extinguish all fires with water. Do not light fires if you cannot put them out. Plastic and aluminium foil have no place in the campfire. Leave your campsites as if you had not been there.
7. Carry out all rubbish. Take only photographs, leave only footprints.

Walks Grading

A **day walk** means walking all day – the walks usually start at 8:00am and finish before dark. Often a dinner is arranged at a venue on the way home.

A **weekend walk** is either a Friday night start and camp at the start or Saturday morning start usually 8:00am. On the first day, the party get to camp between 3:00pm and before dark, (hopefully). Happy hour occurs before dinner and is a time when party members share 'nibbles'. The next day's walking could start between first light and 9:00am, usually 8:00 to 8:30am. We usually get back to the cars between early afternoon and dark. After-dark finishes do happen, however they are usually not planned for. Often a dinner is arranged at a venue on the way home.

The new grading system has four graded categories: D F A T and Yes / No on E

Distance **Fitness** **Ascents (and descents)** **Terrain** **Exposure (to heights)**

Distance		Fitness		Ascent		Terrain	
S	Short	1	Beginners	1	Undulating	1	Formed tracks
M	Medium	2	Intermediate	2	200 – 300m	2	Off track
L	Long	3	Strenuous	3	Steep / Many	3	Scrub / Exposure
X	Extra long						

D – Distance: S – Short under 10 km per day
 M – Medium 10 – 20 km per day
 L – Long 20 – 30 km per day
 X – Extra Long more than 30km per day

Note: If a two day walk had one 25km day and then a 8 km day the grade would be L with perhaps a note in the description about a short second day.

F – Fitness 1 beginners – frequent long rest breaks
 2 intermediate fitness – stand up regroup (wait for walkers) with morning tea, lunch and afternoon tea breaks and stops to take in any views
 3 strenuous, fit walkers only – stand up regroup, short breaks for morning and afternoon tea and lunch

A – Ascent 1 flat to undulating
 2 undulating with one or more 200m to 300m climbs
 3 climbs of 300m plus, or one or more large steep climbs

T – Terrain 1 formed tracks and / or open terrain, no scrub
 2 sections of rough track and / or off track and/or creek crossing and / or rock scrambling
 3 similar to 2 for long periods and / or thick scrub

E – Exposure mild to high exposure to heights

Q – Prospective members should note that qualifying walks are indicated on the program with a "Q". Other walks may count as qualifying walks but are not recommended for prospective members unless they have experience at a similar level.

Leaders – prior to your walk, you MUST contact the following for information on Park closures, fire bans and bushfire hazards:		
National Parks & Wildlife Service	1300 361 967	www.npws.nsw.gov.au/news/firenews
Rural Fire Service (Fire Bans Recorded Info)	9898 1356	www.bushfire.nsw.gov.au

The recommended amount for travel costs is 20 cents per kilometre shared by all the occupants in the vehicle. Individual drivers may suggest any amount they choose but the club encourages car sharing, as it is environmentally friendly and a good way to get to know other club members.

On trips that involve abseiling, fees may be charged for use of the ropes. This fee might be higher for a trip with ten abseils than for a trip with two abseils. Two dollars is common. Check with the trip leader.

Maps: Maps are generally NSW Land and Property Information (LPI) 1:25000 unless noted otherwise.

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SEARCH AND RESCUE

Please ensure that relatives and friends are aware you may return home later than planned due to unforeseen circumstances such as bad weather, injury, illness, and vehicle problems. Emphasise that they should wait about 15 hours after your expected return before lodging a call with a Club Search & Rescue contact. For this programme, contacts are:

Rob Barrie:

(h) 9418 6704 (m) 0408 233 538

David Trinder:

(h) 9660 9945 (w) 9299 1001 (m) 0417 113 006

If the above are unavailable contact the Bushwalkers Wilderness Rescue number: Call 13 22 22, ask the operator to page 627 7321 and leave a short message along the lines: "URGENT CALL (your Club & name ...) PHONE BOX (...)". Ensure that the operator records the correct number and STD code. If no return call is received within 15 minutes, repeat the above steps.

ADVANCE NOTICES

In the Summer Program, see relevant page of the program for more details	
10 - 17 December	Overland Track, Tasmania. Cradle Mountain - Lake St. Clair. Leader: Susie Arnott 9955 1759 (leave message if unattended)
26 Dec - 2 Jan	Alpine Walking Track, Victoria. Mt Wills to Tom Groggin. Leader: Kenn Clacher 9954 9708; kenn@pacific.net.au
27 Dec - 5 Jan	Flinders Island, Tasmania. Undertake several coastal and mountain walks on this unusual island. Leader: Maureen Carter (h) 9773 4637; (m) 0409 453 230; moz.carter@pacific.net.au
26 Dec - 1 Jan	Kosciuszko NP. Similar to the Xmas 2002 walk, but with some new areas as well. Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
26 Dec - 4 Jan	Kosciuszko NP. Round Mountain to Thredbo via the Main Range. Leader: Tony Crichton (h) 9872 7195
2 - 9 Jan	Kosciuszko NP. Stay at Windarra Lodge at Smiggin Holes, day walks on the main range. Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006; david@gaarchitects.com.au
Late January	New Zealand. Walks on two tracks, probably two of Milford, Kepler and Routeburn. Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006; david@gaarchitects.com.au
4 - 12 February	Western Arthurs, Tasmania. Traverse of the Western Arthurs in the rugged and beautiful South West Tasmania. Leader: Aleksandar Popovski 0421 271 272; aleksandar.popovski@cba.com.au
<div style="display: flex; justify-content: space-between;"> <div> NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons </div> <div> DEADLINES FOR FUTURE PROGRAMS: Autumn 2006 (Mar/Apr/May) - 13 Jan 2006 </div> </div>	

SUMMER PROGRAM

26 - 27 November	
26 - 27 November	Blue Mountains NP - Canyoning Map: Ask Leader 2 x Day Canyoning trips down canyons accessible from Katoomba. Drive up on Saturday morning and camp as options dictate (Dinner at a Pub). Which canyons we do will be selected in the week prior dependent on lots of variables but they will involve abseiling, probably short swims, etc. Grade: M223 Leader: Ian Wolfe (h) 02 9904 3370; (w) 02 902 71825; (m) 0413 662 370; ianmcwolfe@hotmail.com
3 - 4 December	
3 - 4 December	Brindabella Ranges Map: Corin Dam From Mt Ginini to Mt Gingera (1850m), dropping down off the ridge a little on Saturday night to camp in the Bimberi Nature Reserve. This is a walk in delightful alpine country, only an hour past Canberra. Great views. Grade: M222, 19km, about 400m ↓ & ↑ Leader: Leigh McClintock 8920 2386; mcclintock@unwired.com.au

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Saturday 3 December Q	Barren Grounds, Illawarra Escarpment Maps: Berry, Kangaroo Valley & Kiama Tomlins Road – Fox Ridge – Fox Trig – Saddleback Trig – Mt. Noorinan – Hoddles Track – Saddleback Mtn. Part off-track, so take gaiters. Car shuffle. Will look for the 1950's plane crash site, rediscovered by Roger Treagus near Fox Trig. Great views, and a steady 600m ascent. Possible rare ground parrot sightings. Grade: M232 (Medium) 18km Leader: Richard Darke (h) 9960 6384; (m) 0402 413 299; Richard_darke@yahoo.com.au
Sunday 4 December	Blue Mountains NP Maps: Hampton Starting at the Megalong Road, amble along the Six Foot Track for a while, then into Megalong Creek where we will rock-hop and if the water level and weather are helpful we will have a swim or two. Then downstream to the Coxs River and more rock-hopping and swimming. Return back along the Six Foot Track to the Megalong Road. Not too hard a day, so maybe bring a few goodies for the leader (and yourself) to eat. Grade: M222, 12km, 300m ↓&↑ Leader: Maurice Smith 9587 6325; mauricethewalker@ihug.com.au
Mid-Week	
Tuesday 6 December	Harbour Walk (evening) Meet at Milsons Point (6pm) for an easy walk past Lunar park and around the bay for dinner (BYO) on the grass at Waverton Park. Watch the boats go by and the harbour lights. Grade: S111 (Easy) Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Extended Trip 10 - 17 December	
Saturday 10 – Saturday 17 December	Overland Track, Tasmania Maps: Ask Leader Cradle Mountain - Lake St. Clair. A chance to complete this famous trek in (Tassie) summer conditions before the Christmas hordes descend. An eight day itinerary to give time to explore not only the track itself but also most of its spectacular side trips (dependent of course on weather conditions). Barn Bluff, Lake Will, d'Alton and Fergusson Falls, Hartnett Falls, the Acropolis and the Labyrinth, and optional summit Cradle Mtn and/or Mount Ossa! Walk Full, wait list only. Grade: M221 (excl. sidetracks) Leader: Susie Arnott 9955 1759 (leave message if unattended)
10 - 11 December	
10 - 11 December	Wollemi NP – Canyoning Map: Ask Leader Dec. 10th: Hole-in-the-Wall Canyon. Abseiling. Experienced abseilers/canyoners only. Bring own wetsuit/thermals, volleys, helmet etc. Grade: Medium. Overnight camp on Newnes Plateau. Limit of 8. Dec 11th: Twister/Rocky Creek. No abseiling. Need wetsuit, volleys, helmet. Experienced canyoners only. Grade: Medium. Limit of 8. Grade: S223E (Medium) Leader: Allan Wells 4787 7385
10 - 11 December	Kayaking - Hawkesbury Area Map: Umm we will go with the flow Kayak around Brisbane Waters and Patonga. Stay overnight in the leader's fishing shack at Patonga. Depending on weather we may not be able to get out onto the Hawkesbury River. If so we will do heaps of wetting activities!! You will need to supply a kayak - beg, borrow, hire, share, own but not steal one. Usual kayaking safety gear is required. This need not be too difficult. Sleeping gear for the floor will be needed. Grade: nil. Leader: Mark Dabbs 9638 0226
Saturday 10 December	Royal NP Map: RNP Tourist Summertime gourmet walk: Heathcote to Waterfall via Upper Kangaroo creek – swims galore, three pristine pools and the 'Olympic Pool'. Track and easy off track with leisurely lunch (feast), bush and swims. Grade: M112 (Easy/Medium) 17km Leader: Zol Bodlay 9639 4606
Sunday 11 December Q	Kuringai NP Map: TBA "Walk the Pittwater coast". West Head to McCarrs Creek. Spectacular views-camera/binocs. Visit Alex Colley's 1930's campsite, see a WW2 Pillbox and lunch at Pittwater YHA. A few kilometres off track, some rock/ boulder hopping, some wading and good swim opportunities. Grade: M212 (Medium) Leader: John Pozniak (w) 9240 5277; (h) 9913 2701; (m) 0403 068 511; poz@tullib.com.au

Grading System – Distance S < 10 km, M 10-19 km, L 20-30, X >30 Fitness 1-3, Ascent 1-3, Terrain 1-3, Exposure

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Sunday 11 December	Royal NP Waterfall – Couranga Brook Track – Bola Heights Cliff Track – Otford. 0851 Waterfall Train. Grade: M211 (Medium) 13km Maps: RNP Tourist Leader: Jim Callaway (h) 9520 7081
Sunday 11 December	Middle Harbour Bushland HC Press Park Castlecove - North Arm Track - Castlecrag Bushland. Mostly bushland tracks plus a few streets. Lots of pleasant water views. Includes some different tracks to last winter's walk. Some steep sections. See Innisfallen Castle! Grade: M121 (Easy/Medium) 12km Map: Parramatta River Leader: Nigel Weaver (h) 9660 7672; (w) 9955 9779
Monday 12 December - First Aid for Prospective Members	
Monday 12 December	First Aid For Prospective Members Prospective members this is your chance to learn about healthy walking!!!! Note: This is not a First Aid Course Come along to a training night that will give you the chance to learn and to pass your first aid test for your full membership. Bookings are essential as places are limited. Time: 7:00pm to 9:00 pm Kirribilli Neighbourhood Centre Booking: Grace Martinez (h) 9948 6238
Mid-Week	
Tuesday 13 December	Bicentennial Coastal Walk Wynyard Park – bus – Dee Why – James Meehan Reserve – Greendale Creek – Harbord Tunnel – Manly Wharf – Ferry – (Semi) Circular Quay. Plenty of swimming options. Grade: M211 (Medium) 15km – ½ km rock hopping Maps: Street Directory Leader: Wilf Hilder 9587 8912
17 - 18 December	
16 – 18 December Q	Kanangra Kanangra carpark - Coal Seam Cave - Cottage Rock - Bullhead Range - junction of the Kowmung River and Christies Creek. We will swim and camp at the junction and return via the Colboyd Range to the Kanangra Road. Exposure. A beautiful wilderness adventure. Grade: M332E Maps: Kanangra, Yerranderie Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006; david@gaarchitects.com.au
17 – 18 December	Wollemi NP – Canyoning Weekend Canyoning trip in the Coorongooba area (N of Glen Davis). Will involve abseiling with a pack and some short swims in this magnificent area. May well be a number of canyons dependent on the party's experience, etc. Grade: M323 (Medium/Hard) Map: Ask Leader Leader: Ian Wolfe (h) 02 9904 3370; (w) 02 902 71825; (m) 0413 662 370; ianmcwolfe@hotmail.com
Saturday 17 December	Blue Mountains NP – Wollangambe Side Creek Walk Bell – Wollangambe Side Creek to 509913 – back via track - Bell. An exploratory walk/wade down part of a side creek to confluence with the Wollangambe River. Possible rock hopping, rock scrambling, negotiating small waterfalls? Expect to get wet. If this goes well, it will form part of a non-exploratory overnighter later in summer (28-29 January). Grade: M223 (Medium/Exploratory) Map: Wollangambe Leader: Ian Thorpe, (h) 9922 4742; (m) 0402 913 302
Sunday 18 December	Royal NP Cronulla Station/Ferry to Bundeena – Big Marley Trail – Deer Pool – Coast Track – Bundeena (Ferry to Cronulla). Good coastal views; possible swim. Deer Pool. Some light scrub off-track. Map orientating – reading. 8.36 Train from Central. Grade: M212, 12km Maps: RNP Tourist Leader: Errol Sheedy (h) 9525 0316
Mid-Week	
Tuesday 20 December	Botany Bay NP Central Train Station – Cronulla Train Station - bus – Kurnell – Inscription Point – Kurnell Lookout – Boat Harbour – Cronulla Beach – Cronulla Train Station. Swimming options. Grade: M 212 (Medium) 16km Maps: Street Directory Leader: Wilf Hilder 9587 8912
Wednesday 21 December	SBW Christmas Party! 6pm at McMahons Point Community Centre (note change of venue). See social program for full details.

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Christmas - New Year	
24 December - 2 January	Christmas/New Year at Coolana Come to the Club's property at Coolana in the beautiful Kangaroo Valley and join others for relaxing days. Come for any, some or all of the days. Celebrate the new year in SBW style. Your choice of easy walks, quiet reading, swimming and canoeing. No need to phone. Organiser: Bill Holland
Monday 26 December (Boxing Day)	Kuringai Chase NP Waterways Boating & aquatic activities. Walking entirely optional. Bobbin Head, Kuringai Chase NP waterways, Hawkesbury river, & return. Bring picnic/bbq food & drink & social clothing / swimwear for day and evening. 10am start, evening return. Grade: nil. Leader: Michael Bickley (h) 9651 2412; (w) 9651 2496
26 December - 2 January	Alpine Walking Track (Victoria) Maps: Benambra - Leinster, Dart - Gibbo 1:50,000 (Vicmap), Thredbo 1:50,000 (Lands Dept.) Omeo Hwy near Mt Wills - Mitta Mitta River - Johnnies Top - Buenba Creek - Mt Murphy Historic Area - Davies Plain - Tom Groggin. A walk along part of the Australian Alps Walking Track. Nearly all on track and fire trails. A couple of long days and big climbs. Travel down on Boxing day, bus or car swap required. Grade: M&L331 (Medium) 90km Leader: Kenn Clacher 9954 9708; kenn@pacific.net.au
27 December - 5 January	Flinders Island, Tasmania Map: Tasmap 1:100,000 "Flinders Island" Undertake several coastal and mountain walks on this unusual island. Walks will often be off track; the weather can be changeable in the roaring 40's; and, the poisonous snakes will be active. Much will depend on the availability of water. Numbers will be strictly limited. Grade: Exploratory M222 Leader: Maureen Carter (h) 9773 4637; (m) 0409 453 230; moz.carter@pacific.net.au
26 December - 1 January	Kosciuszko NP Maps: Jagungal Start and finish at Mungyang Power Station incorporating such highlights as The Kerries, The Brassies, Tarn Bluff. Spend six nights in the bush. Final details of the walk subject to NPWS review of such areas as Mt Jagungal and The Rolling Grounds. Fijian New Year's Eve. Lovely wildflowers (hopefully) and some of the best sights in the Snowy Mountains. Slow pace, friendly relaxed atmosphere. With a limit. Grade: M222 Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
26 December - 4 January	Kosciuszko NP Maps: Toolong Range, Jagungal, Geehi Dam, Perisher Valley, Chimneys Ridge Round Mountain - Pretty Plain - Grey Mare Hut - Valentine Falls - Valentine Hut - Tarn Bluff - The Kerries - Schlink Pass - Detour via Guthega - Mt. Twynam - Main Range - Mt Kosciuszko - Thredbo. Classic Snowy Mountains walk across the Main Range with wildflowers & alpine scenery. Detour via Guthega required as Rolling Grounds is still closed. Party limit - Experienced overnight walkers please. Drive down 26 th December and return 4 th January. Grade: M232 (Medium) 80km Leader: Tony Crichton (h) 9872 7195
31 December - 1 January - Happy New Year!	
Sunday 1 January	Kuringai Chase NP Waterways Map: Kuringai Chase NP Boating & aquatic activities. Walking entirely optional. Bobbin Head, Kuringai Chase NP waterways, Hawkesbury river, & return. Bring picnic/bbq food & drink & social clothing / swimwear for day and evening. 10am start, evening return. Grade: nil. Leader: Michael Bickley (h) 9651 2412; (w) 9651 2496
Mid-Week	
Wednesday 4 January	Walk (Before Beach Barbecue) This walk is planned to finish at Balmoral Beach at around 6 pm in time to join the others for the beach barbecue. The length of the walk and route depends on the heat of the day. Beach swimming is an option. Grade: S111 (Easy) Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com

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Extended Trip 2 - 2 January		
2 - 9 January	Kosciusko National Park I intend to take a party to the Windarra Lodge at Smiggin Holes in the Snowy Mountains starting on 2 January 2006. We will be doing day walks on the main range and enjoying the comfort of the renovated lodge at night. Already fully booked but there might be some cancellations. Grade: M222 Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006; david@gaarchitects.com.au	Maps: Kosziusko
7 - 8 January		
7 - 8 January	Blue Mountains NP - Canyoning 2 x Day Canyoning trips down canyons accessible from Katoomba. Drive up on Saturday morning and Camp as options dictate (Dinner at a Pub). Which canyons we do will be selected in the week prior dependent on lots of variables but they will involve abseiling, probably short swims, etc. Grade: M223 (Medium/Hard) Leader: Ian Wolfe (h) 02 9904 3370; (w) 02 902 71825; (m) 0413 662 370; ianmcwolfe@hotmail.com	Map: Ask Leader
Saturday 7 January	Blue Mountains NP - Wollangambe River Walk Bell - Wollangambe River - Bell. An exploratory walk/wade down part of the Wollangambe River. Possible rock hopping, rock scrambling, negotiating small waterfalls? Expect to get wet. If this goes well, it will form part of a non-exploratory overnighter later in summer (28-29 January). Grade: M223 (Medium/Exploratory)	Map: Wollangambe Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
Sunday 8 January	Royal NP Engadine Station - Bottle Forest Trail - Kangaroo Creek - Heathcote Station. Wildflowers, swims in Kangaroo Creek; map reading. Good tracks. Train: 8.51 from Central. Grade: S212, 9km	Maps: RNP Tourist Leader: Errol Sheedy (h) 9525 0316
Mid-Week		
Tuesday 10 January	Blue Mountains NP Central Train Station - Glenbrook Train Station - Red Hands Cave - Kanuka Brook - Sunclock - Glenbrook Train Station. Creek wading and swimming opportunities. Grade: M222, 12km - 4km off track, 400m ↓ & ↑	Maps: Penrith Leader: Wilf Hilder 9587 8912
Evening - walk Wednesday 11 January	Rocks - Historic 'Houses' Walk An oldie but a goldie - Meet at the Club rooms and walk across the bridge to the Rocks area and visit some of Australia's oldest inns to sample their wares and soak up the atmosphere. The walk will finish up at the Quay for dinner, and return by ferry or foot to the northside. Bushwalking historians very welcome! Grade: B111, 10km Leader: Jan Roberts (h) 9411 5517; (m) 0404 003 966; janc.roberts@bigpond.com	Map: UBD/Gregorys
Friday the 13 th of January - Autumn Walks Program Deadline! It's bad luck to get your walks to the Walks Secretary after this date!		
14 - 15 January		
14 - 15 January Q	Blue Mountains NP Mt Wilson - Wollangambe River - Wollangambe Crater - Wollangambe River (camp) - west then south across side creek - east along ridge - across Bell Creek - across Du Faur Creek - south along ridge - east across side creek - Mt Wilson. Mostly off track. No big hills but lots of little ones. Easy first day, harder second day, but with a number of places to stop for dips in the creeks. Grade: M233 (Medium) 24km, 1500m ↓ & ↑	Maps: Mt Wilson, Wollangambe Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
14 - 15 January	Coolana Maintenance Yes, I know it's hot at this time of the year but the weeds still grow and light maintenance is required. Lots of time to sit in the shade or swim in the river. Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com	
Saturday 14 January	Sydney Harbour Foreshore Taronga Park Zoo to Manly (ferry from Circular Quay to start) - via Chowder Bay and new section to Balmoral (lunch) - The Spit - Manly Scenic Walkway. Swimming, coffee shops and ice creams. Great views. Come for all day or part. Grade: M211 (Medium) 20km	Map: Street Directory Leader: Carole Beales 9907 2829

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Sunday 15 January	Royal NP Heathcote – Karloo Pool – Kangaroo Creek – Olympic Pool – Head of Navigation – Audley Track – Heathcote. Swimming. 0851 Waterfall Train. Grade: M211 (Medium) 12km	Maps: RNP Tourist Leader: Jim Callaway (h) 9520 7081
Sunday 15 January	Royal National Park Heathcote - Uloola Falls - Hacking River - Unnamed Falls (South West Arm Creek) - Winifred Falls – Loftus. Tracks and off track. Swimming. Nice waterfalls, pleasant creeks. Maximum ascents 200metres. 7 hours walking plus breaks. Grade: M222	Map: Port Hacking / RNP Tourist Leader: Ron Watters (h) 9419 2507; (m) 0419 617 491; wattersr@bigpond.net.au
2nd Front Carriage		
Tuesday 17 January	Bondi and beyond (Evening) Bondi Beach (6-00 pm) - Clovelly etc to Coogee with optional return. An easy walk on a summer's evening along the coastal pathway followed by dinner (fish and chips or BYO) in a beachside reserve. Grade: S111 (Easy)	Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
21 – 22 January	Wollemi NP – Canyoning Canyoning trip in the Newnes Plateau area. Will be 2 x day trips from a base car camp. Will involve abseiling and swims (wetsuit) in this magnificent area. May well be a number of canyons dependent on the party's experience (Butterfly, Tigersnake etc.) etc. Grade: M223	Map: Ask Leader Leader: Ian Wolfe (h) 02 9904 3370; (w) 02 902 71825; (m) 0413 662 370; ianmcwolfe@hotmail.com
Saturday 21 January Q	Ku ring gai Chase NP The Basin - Rain Forest Creek – White Horse Beach – Flannel Flower Beach – West Head Beach – Mackerell Beach. Palm Beach ferry. Lots of scrambling over boulders. Swim stops at one or two public beaches Grade: M222 16km	Maps: Ku ring gai Chase NP Leader: Leigh McClintock 8920 2389; mcclintock@unwired.com.au
Saturday 21 January	Natural History Tour of the Cooks River Bardwell Park Station - Girrawheen Park - Wolli Creek - Nanny Goat Hill - visit sandstone cottages - Parry Steps - Adora Coffee Shop - Cooks River to Kendrick Park - Eve Street Wetlands (guest speaker). This historical walk will provide information about the aboriginal life prior to Cook's arrival, the early settlers, engineering of the Cooks River and an opportunity to see and identify native plants and birds specific to Cooks River and Wolli Creek. Start at Bardwell Park Station, finish at Wolli Creek Station. Grade: S111	Map: Page 316 of the Sydway Street Directory Leader: Pam Campbell 9228 2885; (m) 0431 873 599
Sunday 22 January	Northern Beaches Narrabeen Lake and rainforest, Collaroy Plateau (views of the lake and coastline), Collaroy, Narrabeen, Turimetta, Warriewood and Mona Vale beaches. Swims at rock baths and beaches, coffee shops en route. Some road walking. Grade: M111	Map: TBA Leader: Pamela Irving (h) 9971 4466; (m) 0429 698 596
26 January - Australia Day		
Thursday 26 January	Bicentennial Coastal Walk Wynyard Park – bus – Dee Why – James Meehan Reserve – Long Reef – Warriewood Beach – bus – Manly Wharf – ferry – (Semi) Circular Quay. Swimming opportunities. Grade: M212, 13km	Maps: Street Directory Leader: Wilf Hilder 9587 8912
28 – 29 January		
28 – 29 January Q	Blue Mountains NP – Wollangambe River Walk Bell – Wollangambe Side Creek to 509913 – up Wollangambe River - Bell. A walk/wade down part of a side creek to the confluence with the Wollangambe River, then walking/wading up the river. Camp near Wollangambe Crater. This walk is dependent on my exploratory walks on 17 December and 17 January going well. Possible rock hopping, rock scrambling, negotiating small waterfalls? Expect to get wet. Grade: S223 (Medium) approx. 16km	Map: Wollangambe Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302

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Saturday 28 Jan	Blue Mountains NP Wentworth Falls – Slacks Stairs – Jamison Creek (walking IN the creek) – Kedumba Pass – Kings Tableland. The walk along Jamison Creek is off track. Grade: M233, 15km, 600m ↓&↑ Leader: Peter Love (h) 9948 6238; (m) 0414 920 292	Maps: Katoomba & Jamison
Q		
Sunday 29 January	Munmorah SRA Caves Beach – Catherine Hill Bay – Timber, Frazer & Red Ochre beaches. The leader's third annual visit to this unspoiled coast. Very scenic coastal walk on sand, platforms and clifftops. Swimming, and a huge sea cave, so expect to get wet, bring suitable shoes and a torch. Afterwards to Catherine Bay pub for grub. Car shuffle. Party limit. Take plenty of water. Some rock scrambling & hopping with mild cliff exposure. Grade: M212 (Medium) 16km Leader: Richard Darke (h) 9960 6384; (m) 0402 413 299; Richard_darke@yahoo.com.au	Maps: Catherine Hill Bay
Extended Trip - Late January		
Late January 2006	New Zealand I intend to lead walks on two tracks in New Zealand next January. I have to pay at the time of booking. When I get enough interest and payments I will book the best tracks I can get at the time. I will try for Milford then Kepler and Routeburn, otherwise the best available at the time. I will book on 2 of the great walks when I get a group together. Grade: M222 Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006; david@gaarchitects.com.au	
Extended Trip - 4-12 February		
4-12 February	Tasmania - Western Arthurs Full traverse of the Western Arthurs starting at Scott's Peak Dam. Come see some of the best Tasmania has to offer! Many steep sections, exposure, some pack hauling may be required but the vistas offered will be superb! (Unless it's fogged in and snowing!) Grade: M333E Leader: Aleksandar Popovski 0421 271 272; aleksandar.popovski@cba.com.au	Map: Ask Leader
4-5 February		
4-5 February	Blue Mountains National Park Two one day lilo trips (for the uninitiated, lilos are rubberised canvas air beds) at Mt Wilson on the Wollangambe River. Day one - upper tourist section. Day two - lower tourist section. Saturday night gourmet car camp at Mt Wilson. Come for either or both days or the relaxed car camp. Wet suits highly recommended for the river along with Dunlop Volleys for your feet. Grade: S211 Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au	Map: Mt Wilson
Saturday 4 Feb	Blue Mountains NP Gladstone Pass – down unnamed creek – compass bearing - Jamison Creek - Valley of Waters Creek. Steep slippery descent, creek walking, rockhopping, off track. Party limit. Grade: S233 (Medium) 10km, 600m ↓&↑ Leader: Peter Love (h) 9948 6238; (m) 0414 920 292	Map: Katoomba
Q		
Saturday 4 February	Northern Beaches Bash Forget the Saturday domestics and come and walk some of Sydney's magnificent beach from Newport to Manly. Essential coffee shop/swim stops on the way, with dinner at Manly afterwards. Grade: M211, 18km Leader: Jan Roberts (h) 9411 5517; (m) 0404 003 966; janc.roberts@bigpond.com	Map: UBD/Gregorys
Sunday 5 February	Harbour Circle Walk Waverton Park – Wollstonecraft – Greenwich – Longueville – Riverview – Fig Tree Bridge – Hunters Hill – Gladesville Bridge – Drummoyne – Birkenhead Point (Lunch) – Iron Cove Bridge – Rozelle – Anzac Bridge – Pyrmont – Darling Harbour – Sydney – Sydney Harbour Bridge – Milsons Point – Lavender Bay – Waverton. Street, path and bush walking. Experience the western harbour from different aspects, magnificent views. Bring hat, sunscreen, water, wallet (pack not essential). Grade: L211 (Medium) 26km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302	Map: Harbour Circle Walk Map

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Mid-Week	
Tuesday 7 February	Botany Bay Maps: Street Directory Central Train Station – bus - Rocky Point – Bado Berong Creek – Sandringham Bay - Lady Robinsons Beach – Muddy Creek – Marsh Street Wetlands – Wolli Creek Train Station. Swimming opportunities. Grade: M211, 14km Leader: Wilf Hilder 9587 8912
11-12 February	
Saturday 11 February	Heathcote NP Map: Royal NP Tourist Waterfall Station – Mooray Track – Bullawarring Track – Woronora River - Boobera Pool – Pipeline Track – Bullawarring Tk – Waterfall Station. One of the most impressive swimming holes in the Sydney region. Mainly tracks with some scrub, rockhopping and creek crossings. Bring water. Grade: M222 (Medium) 15km Leader: Tony Crichton (h) 9872 7195
Saturday 11 February	Blue Mountains NP – Canyoning Maps: Mount Wilson, Wollangambe Bell Creek Lower Section. Mt Wilson Bushfire Brigade, hairpin bend, cross DuFaur canyon, west to side entrance at 524897, Li-Lo Bell Creek, DuFaur Creek, Wollangambe exit at 542913. Lilo and wetsuit required. Outstanding canyon, bit tricky in parts, requires some navigation to get to the start. Worth the effort. Grade: M223 Leader: Chris Miller 9955 1547; chrismil@ozemail.com.au
Sunday 12 February	Royal NP Maps: RNP Tourist Waterfall – Sebastapol Trig. – Heathcote Ck – Lake Eckersley - Heathcote. Swimming. 0851 Waterfall Train. Grade: M211 (Medium) 12km Leader: Jim Callaway (h) 9520 7081
18-19 February	
18 – 19 February Q	Arabanoo Creek (Kanangra Boyd NP) Maps: Kanangra, Yerranderie Kanangra Walls carpark - Maxwell Tops - Cottage Rock – Arabanoo Creek and canyon to intersection of Christies Creek and the Kowmung River for camp. Next day to Stonehag Hill - Arabanoo Peak - Mt Colboyd - Mt Bungin – Pindari Tops then Kanangra Walls carpark. Wet feet in Arabanoo Creek and swimming at the campsite on the Kowmung. Distance Day 1: 9-10km -800m, Day 2: 10-11km +800m. Grade: M232E (Medium) Leader: Terry Moss (h) 9773 3526; terrymoss1@bigpond.com
Saturday 18 February	Bush 'N' Beach (Northern Beaches) Map: Ask Leader Frenchs Forest - Manly Dam Reserve - Manly Lagoon - Queenscliff, Freshwater, Curl Curl, Long Reef and Collaroy Beaches to Narrabeen Lakes. Tracks, fire trail, road (half a km x 2), tunnel, beaches (soft and hard), rock hop, headlands, rock platforms, swims (public, freshwater and surf), plus Aboriginal Engravings. It's got it all! Option to pull out & catch the bus if you're tired. Grade: L211 (Easy/Medium) 22 km Leader: Zol Bodlay 9639 4606
Sunday 19 February	Kayaking WELCOME BACK PATRICK MCNAUGHT TO THE OUTDOORS 4 hours kayaking from the Spit, Middle Harbour plus a relaxing lunch. Possibly a short walk included for those inclined. Details to be finalised. Party Limit. Admiral of the Fleet: Ron Watters (h) 9419 2507; (m) 0419 617 491; wattersr@bigpond.net.au
Mid-Week	
Tuesday 21 February	Blue Mountains NP Maps: Penrith and Springwood Central Train Station – Springwood Train Station – Magdala Creek – Glenbrook Creek – Glenbrook Train Station. Creek wading and swimming opportunities Grade: M212, 12km, 250m climbing Leader: Wilf Hilder 9587 8912
Tuesday 21 February	Berowra Valley (evening) Meet 6 pm at Hornsby Station and walk the Blue Gum Track to Leader's house at Westleigh for an evening barbecue. Grade: S111 (Easy) Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com

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25 - 26 February	
24 - 26 February	Blue Mtns NP Map: Ask Leaders MORONG DEEP. Morong Falls - Kowmung River - Hanrahans Ck - Boyd R. Magnificent granite gorge. Jumping & swimming compulsory. Grade: M222 (Medium) Leaders: Alison Shames 0439 912 309 & David Rostron 9451 7943
25 - 26 February	Coolana - Maintenance And Bush Regeneration It's a wonderful property but needs some gentle care and maintenance. Join us for a pleasant weekend of light work and socialising around the evening campfire. Wine and cheese. Family and friends welcome. Leader: Don Finch 0418 417 593
25 - 26 February	Coolana Training Weekend All new members are encouraged to attend this training weekend on the Club's property at Coolana in the beautiful Kangaroo Valley. It offers practical training in navigation, first aid and bushcraft and provides an ideal introduction to camping. There is a shelter and BBQ facilities on site, so tents and other camping gear are optional. Members are also encouraged to attend and assist with training and social activities around the camp fire. Foster social contacts within the club! Transport help available. Leaders: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com Patrick James (h) 9567 9998; (m) 0409 041 515; pjames@idx.com.au
Saturday 25 Feb Q	Berowra Valley Regional Park - Great North Walk Map: Hornsby Thornleigh - Ginger Meggs Park - Crosslands - Berowra. Longish, but on an easy track. Tap water available at Ginger Meggs Park and Crosslands Reserve. Accessible by train. Ring before Friday. Grade: X221, 30km Leader: Ken Smith 9808 4021
Sunday 26 February	Wollemi National Park Map: Mountain Lagoon Mountain Lagoon - fire trail - Colo River - Tootie Creek - fire trail - Mountain Lagoon. Enjoy some beautiful river scenery and swimming at spa pool lunch spot. Some rockhopping & scrub. Bring water. Grade: M222 (Medium) 18km Leader: Tony Crichton (h) 9872 7195
Sunday 26 February Q	Ku-Ring-Gai Chase NP Maps: Mona Vale; Broken Bay Walking the Pittwater Track from Elvina Bay to Great Mackerel Beach via historic Flagstaff lookout. Compulsory deep wading, some off track and some rock hopping. Visit to Pittwater YH. Walking from south to north along most of Pittwater's western foreshore with great beaches and lookouts. Grade M222 (Medium) 16km Leader: Roger Treagus (m) 0401 017 289; (w) 9995 5784 Roger.treagus@environment.nsw.gov.au
Mid-Week	
Tuesday 21 February	Blue Mountains NP Maps: Penrith and Springwood Central Train Station - Springwood Train Station - Magdala Creek - Glenbrook Creek - Glenbrook Train Station. Creek wading and swimming opportunities Grade: M212, 12km, 250m climbing Leader: Wilf Hilder 9587 8912

If you decide not to go on a walk, please contact the leader in time - this could give someone on a waiting list the opportunity to go and does not delay the start of the walk while the party waits unnecessarily for you.

Thank you to all those who contribute to this program ♥

SUMMER 2005/6 SOCIAL PROGRAM

All meetings are on a Wednesday night at the Kirribilli Neighbourhood Centre unless otherwise indicated

- 7th December 7 pm **Committee Meeting**
Observers welcome. .
- 12th December 8pm
(Monday) **First Aid For Prospective Members**
Prospectives members - this is your chance to learn about healthy walking!!!!
Note: This is not a first aid course
Come along to a training night that will give you the chance to learn and to pass your first aid test for your full membership. Bookings are essential as places are limited
- 14th December 8 pm **New Members Night.**
Introduction to SBW for intending prospective members
- 21st December 6pm **SBW Christmas Party (note change in venue)**
McMahons Point Community Centre 165 Blues Point Rd McMahon's Point
This is the SBW social event of the year. Please bring a plate of food to share. The Club will provide wine, beer, juice and soft drinks.
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- 4th January *Club Room Closed* (Committee meeting is on 18th!)
- 4th January 6pm **Balmoral Beach Picnic**
Bring your own food (or buy fish and chips) and drink for an evening of relaxation under the trees at the south end of the beach -from 6m.
(If you're feeling a bit energetic, join Bill Holland and the mid week walkers at 4pm for a jaunt around Mosman locale, before finishing up at Balmoral Beach. See the walks program for more details.)
- 11th January *Club Room Closed* (New Members team are on holidays)!!
- 18th January 7pm **Committee Meeting**
Observers welcome. .
- 18th January 8pm **Digital Photography**
Dummies Night" Whether you are a dummy or not you will have the opportunity to learn how to use your digital camera for better bushwalking photographs.
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- 1st February 7 pm **Committee Meeting**
Observers welcome.
- 8th February 8 pm **New Members Night.**
Introduction to SBW for intending prospective members
- 15th February 8 pm **Gardens of Stone National Park**
Club member Peter Christian has made an audio/visual (video) presentation of this beautiful area. It features the "Lost Cities" of pagodas / panoramic views / 5 star camp sites / narrow slot passes / abseiling canyons / flora and fauna.
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